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## ABSTRACT OF THE DISCLOSURE

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A headrest for supportably engaging a person's head at rest to substantially inhibit neck strain is disclosed. In one embodiment, the headrest includes a frame member for supporting the back portion and first and second side portions of a person's head, and a padding member covering at least a portion of the frame member. Such frame member may include a back member extending between first and second wing members, such wing members being pivotal relative to the back member to provide adjustability in the width of the headrest.

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